

Honey-Roasted Nuts & Fruit

Ingredients:

- 1 tsp. butter (olive oil)
- 1/4 cup honey
- 1/4 cup slivered almonds
- 1/4 cup chopped hazelnuts
- 1/4 cup chopped pecans
- 1/2 cup sunflower seeds
- 1/2 tsp. cinnamon, ground
- 1/4 tsp. cardamon, ground
- Dash of ground cloves
- 1 cup raisins



Directions:

Line a baking sheet with parchment paper or foil; coat with olive oil spray. Heat butter (olive oil) in large nonstick skillet over medium-heat. Stir in honey; cook 2 minutes or until mixture bubbles around edges of pan. Add nuts and next 5 ingredients, and cook over medium heat 8 minutes or until nuts are golden, stirring frequently. Stir in raisins. Immediately spread onto prepared baking sheet; cool completely.

Yield: 8 (1/4 cup) servings.

Calories 194; fat 9 g (sat 1 g, mono 5 g, poly 2.8 g); protein 3 g; carbohydrates 28 g; fiber 2 g; sodium 82 mg; calcium 30mg.

Recipe from "Cooking Light" magazine

WOW Tip: Eat sparingly!